



Helene Langevin, M.D., has served as director of NCCIH since 2018. Prior to joining NCCIH, Dr. Langevin was the director of the Osher Center for Integrative Medicine, jointly based at Brigham and Women's Hospital and Harvard Medical School, and a principal investigator of several grants funded by the NIH.

About Complementary and Integrative Health

- Complementary health approaches include dietary supplements, probiotics, massage therapy, meditative practices, yoga, spinal manipulation, and acupuncture
- Integrative health care combines conventional and complementary approaches to improve clinical care for patients, promote health, and prevent disease
- 33 percent of U.S. adults use complementary or integrative health approaches and collectively spend around \$30.2 million a year on these interventions

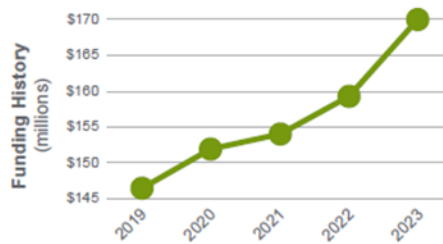
About NCCIH

The National Center for Complementary and Integrative Health (NCCIH) is the Federal Government's lead agency for scientific research on complementary and integrative health approaches. NCCIH's mission is to determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

Facts and Figures

Number of Full-Time Equivalents (FTEs) FY 2022	86
Number of Supported Investigators (FY 2018–FY 2022)*	858
Number of Awards Given (FY 2018–FY 2022)*	698
Number of Peer-Reviewed Publications Supported*	9,622

*5-year totals



FY 2024 President's Budget Request - \$170,277,000

Timeline

- 1993**
The Office of Alternative Medicine (OAM) is established within the NIH Office of the Director
- 1998**
OAM becomes a center within NIH called the National Center for Complementary and Alternative Medicine (NCCAM)
- 2012**
NCCAM forms an intramural research program
- 2014**
NCCAM is renamed the National Center for Complementary and Integrative Health (NCCIH)
- 2018**
Dr. Helene Langevin becomes the third director of NCCIH
- 2021**
NCCIH releases fifth strategic plan



Research Highlights

The following are examples of supported intramural and extramural research projects:

- Pragmatic trial of Whole Health Care to improve pain, function, and quality of life in veterans
- A probiotic intervention for veterans with post-traumatic stress disorder
- The role of botanicals in enhancing resilience during aging
- The impact of an app-based mindfulness training for adolescents
- The impact of music on brain development and health in Hispanic youth
- An intervention to increase physical activity in children with attention-deficit hyperactivity disorder
- The impact of fatty acid supplementation on biological signatures of autism spectrum disorder in children
- Evaluating the feasibility and efficacy of yoga on the management of type-2 diabetes
- Exploring the potential pain-relieving properties of minor cannabinoids and terpenes
- The effect of postoperatively delivered mindfulness (telehealth) on pain-related outcomes and reduced opioid use after surgery
- The impact of chronic pain on the brain and the opioid receptor system
- Sociocultural and biobehavioral influences on pain expression and assessment
- Mechanisms of chronic pain in people with sickle cell disease after stem cell therapy
- The brain mechanisms of a novel mind-body intervention for reducing polysubstance use

NCCIH Highlights

The following are some key initiatives and partnerships NCCIH is involved in.



The NIH-DoD-VA Pain Management Collaboratory

The NIH-DoD-VA Pain Management Collaboratory (PMC) is a partnership between NIH, the Department of Defense (DoD), and the U.S. Department of Veterans Affairs (VA). The Collaboratory develops, supports, and enacts the implementation of large-scale, pragmatic clinical research in military and veteran health care delivery organizations that studies nonpharmacologic approaches to pain management in innovative and integrative models of pain care delivery.



The NIH Pragmatic Trials Collaboratory

The NIH Pragmatic Trials Collaboratory is an NIH-wide initiative co-led by NCCIH and the National Institute on Aging. It supports research with the goal of strengthening the national capacity to implement cost-effective large-scale research studies that engage health care delivery organizations and patients as research partners.



The NIH HEAL (Helping to End Addiction Long-term) Initiative

NCCIH is leading two programs within the NIH HEAL InitiativeSM: Pragmatic and Implementation Studies for the Management of Pain to Reduce Opioid Prescribing (PRISM) and Behavioral Research to Improve Medication Assisted Treatment (BRIM). The PRISM program seeks to take interventions and treatment guidelines that have already been shown to work for specific pain conditions and integrate them into health care delivery systems. The BRIM program seeks to understand whether psychological interventions can help improve recovery outcomes for patients with opioid use disorder.



The Trans-NIH Therapeutic Cannabinoid Research Working Group

NCCIH is leading a trans-NIH therapeutic cannabinoid research working group with 17 other NIH Institutes, Centers, and Offices. This group is actively working to identify ways that NIH could address hurdles associated with cannabis/cannabinoid research and coordinate efforts to stimulate research in the field.



The Sound Health Initiative

The Sound Health Initiative is a partnership between NIH, the John F. Kennedy Center for the Performing Arts, and the National Endowment for the Arts. This initiative aims to advance our understanding of music's mechanism of action in the brain and how it may be applied more broadly to treat symptoms of many disorders, including Parkinson's disease, stroke, and chronic pain. NCCIH is helping to lead this major research area.

Future Directions

NCCIH has begun, with its most recent strategic plan, to add an important new component to its research priorities: whole person health. Whole person health emphasizes integration—not only the integration of complementary and conventional care, but also integration across physiological systems, such that an individual is viewed as a whole, rather than a collection of parts. Whole person health is a concept and a vision

as well as an organizing principle. By deepening our scientific understanding of the connections that exist across domains of human health, we can better understand how conditions interrelate, define multicomponent interventions that address these problems, and improve how we support patients through the full continuum of their health experience, including the return to health.